

Full Report (All Nutrients) 03000, Clif Z bar

Report Date:October 27, 2015 12:34 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Proximates				
Water	g	7.74	--	--
Energy	kcal	409	--	--
Energy	kJ	1710	--	--
Protein	g	5.55	--	--
Total lipid (fat)	g	9.72	--	--
Ash	g	2.26	--	--
Carbohydrate, by difference	g	74.72	--	--
Fiber, total dietary	g	8.3	--	--
Sugars, total	g	30.56	--	--
Minerals				
Calcium, Ca	mg	444	--	--
Iron, Fe	mg	2.70	--	--
Magnesium, Mg	mg	82	--	--
Phosphorus, P	mg	244	--	--
Potassium, K	mg	333	--	--
Sodium, Na	mg	375	--	--
Zinc, Zn	mg	1.15	--	--
Copper, Cu	mg	0.187	--	--
Manganese, Mn	mg	1.748	--	--
Selenium, Se	µg	14.8	--	--
Fluoride, F	µg	0.0	--	--
Vitamins				
Vitamin C, total ascorbic acid	mg	39.1	--	--
Thiamin	mg	0.411	--	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Riboflavin	mg	0.100	--	--
Niacin	mg	0.478	--	--
Pantothenic acid	mg	0.588	--	--
Vitamin B-6	mg	0.073	--	--
Folate, total	µg	20	--	--
Folic acid	µg	0	--	--
Folate, food	µg	20	--	--
Folate, DFE	µg	20	--	--
Choline, total	mg	22.5	--	--
Betaine	mg	6.1	--	--
Vitamin B-12	µg	0.00	--	--
Vitamin B-12, added	µg	0.00	--	--
Vitamin A, RAE	µg	0	--	--
Retinol	µg	0	--	--
Carotene, beta	µg	4	--	--
Carotene, alpha	µg	0	--	--
Cryptoxanthin, beta	µg	0	--	--
Vitamin A, IU	IU	7	--	--
Lycopene	µg	0	--	--
Lutein + zeaxanthin	µg	61	--	--
Vitamin E (alpha-tocopherol)	mg	0.98	--	--
Vitamin E, added	mg	0.00	--	--
Tocopherol, beta	mg	0.04	--	--
Tocopherol, gamma	mg	0.75	--	--
Tocopherol, delta	mg	0.22	--	--
Vitamin D (D2 + D3)	µg	0.0	--	--
Vitamin D	IU	0	--	--
Vitamin K (phylloquinone)	µg	8.7	--	--
Lipids				
Fatty acids, total saturated	g	2.721	--	--
4:0	g	0.000	--	--
6:0	g	0.000	--	--
8:0	g	0.000	--	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
10:0	g	0.000	--	--
12:0	g	0.007	--	--
13:0	g	0.000	--	--
14:0	g	0.011	--	--
15:0	g	0.000	--	--
16:0	g	1.532	--	--
17:0	g	0.001	--	--
18:0	g	1.156	--	--
20:0	g	0.005	--	--
22:0	g	0.007	--	--
24:0	g	0.001	--	--
Fatty acids, total monounsaturated	g	2.447	--	--
14:1	g	0.000	--	--
15:1	g	0.000	--	--
16:1 undifferentiated	g	0.023	--	--
17:1	g	0.000	--	--
18:1 undifferentiated	g	2.420	--	--
20:1	g	0.003	--	--
22:1 undifferentiated	g	0.000	--	--
24:1 c	g	0.001	--	--
Fatty acids, total polyunsaturated	g	3.319	--	--
18:2 undifferentiated	g	2.860	--	--
18:3 undifferentiated	g	0.455	--	--
18:4	g	0.000	--	--
20:2 n-6 c,c	g	0.000	--	--
20:3 undifferentiated	g	0.000	--	--
20:4 undifferentiated	g	0.004	--	--
20:5 n-3 (EPA)	g	0.000	--	--
22:5 n-3 (DPA)	g	0.000	--	--
22:6 n-3 (DHA)	g	0.000	--	--
Fatty acids, total trans	g	0.013	--	--
Cholesterol	mg	0	--	--
Phytosterols	mg	7	--	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Stigmasterol	mg	1	--	--
Campesterol	mg	1	--	--
Beta-sitosterol	mg	2	--	--
Amino Acids				
Tryptophan	g	0.105	--	--
Threonine	g	0.164	--	--
Isoleucine	g	0.216	--	--
Leucine	g	0.432	--	--
Lysine	g	0.242	--	--
Methionine	g	0.107	--	--
Cystine	g	0.179	--	--
Phenylalanine	g	0.287	--	--
Tyrosine	g	0.208	--	--
Valine	g	0.307	--	--
Arginine	g	0.420	--	--
Histidine	g	0.131	--	--
Alanine	g	0.278	--	--
Aspartic acid	g	0.515	--	--
Glutamic acid	g	1.198	--	--
Glycine	g	0.305	--	--
Proline	g	0.311	--	--
Serine	g	0.282	--	--
Hydroxyproline	g	0.002	--	--
Other				
Alcohol, ethyl	g	0.0	--	--
Caffeine	mg	1	--	--
Theobromine	mg	9	--	--